

QC

CITY FACES:

Ken Mitchell believes if Robbie Burns were alive today, he would be a rap sensation **P. 7**

FASHION:

Don Rice shows off his classic Roughriders and Montreal Expos attire **P. 9**

ON THE SCENE:

QC catches all the excitement at Malanka 2014 Ukrainian New Year celebration **P. 14**



SONGS AND SCIENCE

GLENN SUTTER'S INTERESTS
HAVE TAKEN HIM FROM LABS
TO RECORDING STUDIOS **P. 10**

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NEXT WEEK: Is a vegetarian/vegan diet unhealthy for children? Email QC@leaderpost.com

PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked

What do you think of vaccinations?



"Before vaccinations, both of my adult kids are current and up to date as am I. We have even paid over and above the bare to accommodate traveling." — July 8

"We just had our two-month old vaccinated and all my other children have also been vaccinated. I personally feel the benefits outweigh any possible side effects on making no accommodations at all. We make educated choices that work for us and we are not ruled by fear!" — Alyse Cernushelek

"Vaccinations are a vital in ensuring diseases

that once killed our families remain eradicated from Canadian soil. My children have always been vaccinated because for me the small risk of potential side effects far outweighs the risk of the diseases they could contract otherwise. Our family spent a great deal of time at Ronald Mc Donald House the first year of my boy's life, seeing children who could not get vaccinated because of immunosuppression. The fear these parents lived with every day reinforced the importance of vaccinating my children not only to protect them but the children who can't be vaccinated." — Michelle Gradle

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ON THE COVER P.10



Glenn Sutton is the curator of human ecology at the Royal Saskatchewan Museum (RSM) in Regina. He finds it to be his happy place.

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MY FAVOURITE PLACE P.6



Steven Leticia Barua at the Wat Buddhachandana Buddhist Temple. His favourite place in Regina. QC PHOTO BY DON HEALY

QC COVER PHOTO BY DON HEALY

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IN THE CITY

JANUARY 19, 2014 — 4:25 P.M.

Carrying on



Greg Moses picks up his daughter Simone Lareche at an outdoor skating rink at Empire Park in Regina. With winter's grip on the province, people were enjoying outdoor activities. GC PHOTO BY MICHAEL BEU.

YOUR FAVOURITE PLACE
QC wants to hear about your favourite place in Regina. Email: QC@leaderpost.com

MY FAVOURITE PLACE

Buddhist community is small but vibrant

By Rikkeal Bohmann

After escaping what turned out to be Bangladesh in 1981, Reverend Utham found himself in Regina in 1989 at Wat Buddhachandana temple. Burma is now a Buddhist monk at the 80-plus-year-old Street temple, where Saskatchewan's Theravada Buddhist community gathers.

Q: When did the temple begin in Regina?
A: This temple was established in 1984. I believe.

Q: Where are you from originally?
A: I am from Bangladesh — Chittagong. It moved here, but then I had to get a community service. I went to Toronto and then the United States to set up a community centre over there and a Sunday school for the kids.

Q: When did you leave Bangladesh?
A: I left Bangladesh in 1980 because of the religious problems with the burning of temples. I crossed the border without a passport, by the jungle.

Q: How many people come to temple?
A: It really depends. Daily since we have tea, but monthly, we have full ceremony. It depends on winter and summer. In winter, it is a little bit less, but sometimes is more. From 10 to 30 families. They also come from Saskatoon as well, because it is the only Theravada Buddhist monastery in Saskatchewan.

Q: Can you tell me what is behind you? (The golden altar shows in the background)
A: This is what you call the image of the Buddha. There are many different kinds of Buddhist images. This is called the Buddhachandana image from teaching the earth, or teaching the soil.

Q: Can you tell me about Theravada Buddhism?

A: The most of the Theravada Buddhist people are from Laos, Thailand, Burma, Cambodia, Bangladesh. India and part of Nepal and part of Vietnam and also Sri Lanka as well. Other parts like China and Vietnam, Taiwan, Japan, Hong Kong. Korea are what we call the Mahayana tradition like the Tibet Dalai Lama.

Q: Can you tell me more about the parts of Buddhism?
A: Buddhism has three parts. The first part is



Reverend Utham, abbot of the Wat Buddhachandana Buddhist Temple in Regina. QC PHOTO BY DON HEALY

the Buddhist principle. The second is called the Dharma, his teaching or his doctrine. The third part is the Buddhist philosophy and it is a very deep teaching to every Buddhist.

Q: About how big is the Buddhist community in Regina?

A: We have three or four groups. Most are Bangladeshi people, Laos people and Burmese people. I am talking about the Theravada people. There are some Nepalese people. A couple are Sri Lankan, and of course we have some Chinese, Vietnamese and some Karen. Now many people are migrating to Saskatoon, Regina and surrounding area that are Buddhists.

Q: What is your religious role?

A: As a religious worker — we must build up the moral education for the society. In Christianity they have the Ten Command-

ments. As a Buddhist, we have the five precepts. They are noble truths and the right path. We have to teach the noble truth. Noble means loving kindness. How can we love others and not be angry or hate other people? We are human beings. We are all equal people. It doesn't matter which race, which colour they are from.

Q: What's your favourite memory you've had at the temple?

A: At St. Regina there is one of the old monks — He is from the Laos and he served the community here for more than 60 years. He (over) to many people and places, even though he didn't speak much English. He was a very honest and good monk. After that, unfortunately, he had a big physical problem. His kidney stopped working. He requested me to come help. I took care of him and took him to the

hospital and I translated his English because he was not able to communicate to the doctors. Unfortunately he passed away. I served him seven or eight months. I always enjoyed taking care of him. I realized that when people need help when they have physical problems and (are) sick and they need help, sometimes entertaining them, making jokes, talking to them, taking care of them, because they are feeling lonely. For teenagers or adult people, there aren't a lot of people to spend time with them here so Canada is a lot better and people don't have enough time. — This memory I will never forget, that's how, that's simple.

Q: What is the main difference to you between Bangladesh and Canada?

A: If we wanted to practice Buddhism, we did not have the freedom (in Bangladesh) like in Canada.

INVENTORY

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1. BRAILLS-BUNT Starring silver and gold M! earrings from Canadian brand Goret + Karp. The braile message reads: "When You're Bad, You're Better" \$60

2. FIVE SPIN Nicole Samplashes by House of Hallow 1960s floral bloom pattern and metallic detailing. \$38

3. LEGS ILLUSTRATED Zohava Tighe uses graphic designs to create art on t-shirts. Various designs available. Price: design \$36

4. SWEETIE SCENT Not a Perfume by Juliette Has A Gun. Fresh, minimalist and hype-alloptic. \$105 for 50ml

5. COLOURFUL COMFORT Black Orchid Green Beets boots and denim. \$192

6. ON THE FRINGE Jude Clutch with fringe detail by House of Hallow 1960. \$215

QC POSTED
BY BRIAN GOSWAMI,
NO. 4 SUBMITTED





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CITY FACES

#ROBBIE BURNS DAY

Playwright sees modern star potential of Scot poet

By Will Chabon

If Robert Burns came back to life today he'd be doing rap. Ken Mitchell agrees.

And Burns would be a star too. Consider the way Scottish bard's skill with words has helped in shaping the musical quality of his poems and his not-established attitude.

Of course, even as his original form, Robbie Burns remains remarkably popular.

Putting "Robbie Burns Day 2014" into Google brought me a stunning 107 million results.

All over the world, food, drink and especially tributes are stockpiled in preparation for the Jan. 25 birthday of the beloved Scottish poet, who lived from 1759-96.

"He's a global phenomenon," said Mitchell, an associate professor U of R English professor (and also play writer, novelist and journalist) who'll be doing several tributes to Burns in this area this week. He notes there are also emporiums boutique saluting Burns in places like Moscow and Japan.

"His reputation, unlike most poets', is universal," Mitchell says. "He's the only poet I know of in the world whose birthday is celebrated all over the world."

Say what? Burns as rapper?

Mitchell says the English-speaking poets who preceded Burns generally were of the establishment who wrote on any philosophical subjects, using sophisticated words and images "to praise the capacity of average citizens to transcend."

Burns came from modest roots but had a formidable wit that shined in one debased tradition then plenty of his own reading. He also broke with literary tradition by writing about ordinary people, family, the working people around him, and about women — all in both his own language and dialect. Like a rapper, he rejected the norms of the time if you wanted to be a poet — because he was a former plough man," said Mitchell.



Former University of Regina English professor Ken Mitchell became intrigued by poet Robert Burns after a visit to Scotland 10 years ago. go north or north west 666/67

Burns was a dervish for a short time. Then, as now it was a tough life.

But his poetry brought him to the attention of some upper class-boss — the lords — who got him a job as a tax collector, writing small dithyrambs in southwest Scotland to collect excise taxes. Carrying large amounts of cash through rural areas when it's the coldest, so it's recorded that Burns carried two pistols with him. "He was a tough guy," said Mitchell.

Burns was also an arrogant guy. Mitchell said one story holds that Burns while a tax collector once refused to assist the King George during some formal function — a stunning

breach of protocol from which Burns had to be rescued by one of his influential friends.

Burns was also impressed by France's revolution and what seemed like a more democratic approach to governance. Later, to Mitchell reads "A Man's A Man" and you can't help but be touched by the political message the ball and the cadence.

Mitchell came by his knowledge of Burns through his father, one of the Scots who has carried the poet's work around the world in the last two centuries.

So when Mitchell spent a year in Edinburgh about 10 years ago, he be-

came intrigued by Burns and went to many of the Scottish mansions celebrating the bard. (Go online as there's internet, and realize that four or five mansions claim to have Burns live poems — a logical impossibility.)

After he returned to Regina, he was asked by the Sons of Scotland to speak to their annual Robert Burns banquet. He did then learn this was a show he'd performed about 10 times both here — and in an Oxford pub, where he also performed one by poet who has a similar pace and energy. England, it seems, has a bigger market for such folk arts than here.

This week, Mitchell also is speaking on Burns at the Wintertowne across from the U of R's Learning Learning Centre and at The Redwood Inn. Both are holding a separate event, with tickets available via 306-565-4242.

Long-term, Mitchell has a project to write a musical play or opera that celebrates Burns and his work. Given his fine literary track record, he's one guy who can actually pull this off.

"It's a good idea that remains half finished," said Mitchell. "And I'd like to take it back to Scotland. Now, that would be really cool."

willchabon@leaderpost.com

READ MY BOOK

■ ASHLEIGH MATTERN

McKay merits spot in Herstory

While working on the 2013 edition of *Herstory: The Canadian Women's Calendar* I have notched with a woman who died the year after I was born.

Aunee Marie McKay was the first Métis and first Aboriginal woman to graduate from the University of Saskatchewan. She paved the way for other women at the U of S as the first female editor of the student newspaper the *Liberal*, and as one of the founding members of the U of S *Aboriginal Association*.

She also trekked through northern Saskatchewan, climbed mountains, played hockey and wore pants at a time when few other women did as *Researching Nova's Life*. I feel like I knew her. I felt like maybe we would

have been friends if we'd lived in the same time. I cried when I read about her death even though she died decades ago.



Ashleigh Mattern

The *Herstory* calendar is full of inspirational women like Mrs. Each week features a biography, poem, work of art, photograph or topic page about and by women.

Women have always played important roles in Canada, but most history books feature so few women, they would lead you to wonder if that

is in fact true. The *Herstory* calendar highlights the amazing Canadian women whose stories have been largely ignored.

The 2013 edition features two about Saskatoon-based community organizer Ruth Robinson, poet E. Prater-Johnson, author Verne Rife, entrepreneur Dede Tetlow, member Margene Luthkeisen and Okanagan Winook Horn Miller poetry by Jennifer Skell, Lorna Crozier, and Sheslay Dene. artwork by Laureen Marshall, Sarah Lovell, and Catherine Miller as well as topic pages and historical and contemporary photos.

The calendar is created by the Saskatoon Women's Calendar Collective, established in 1993 with the goal of shining a light on women and women's achievements in Canadian history. The first issue was published in 2004, so the 2014 issue marks the 10th anniversary of the calendar.

The collective is moving into a new era, with members recently joining and who haven't been yet, while it was formed — myself included. The goal is to reach broader to women now than when the collective was formed, but the need to highlight women's stories still exists.

In Saskatoon, the calendar is available at Coles stores, the Southside Marketplace, and McNelly Robinson. In Regina, the calendar is available at Coles, Traditions Hand Craft Gallery and the Coles Bookstore. It also can be ordered online through the Coles website.



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FASHION

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#SASKATCHEWAN FASHION

Don Rice: Sporting two looks from his collection

By Michelle Berg

Saskatoon StarPhoenix sports staffer Don Rice has been collecting sports memorabilia for more than 30 years.

His collection started with a program from a game in the 1970s and a Montreal Expos Gary Carter autograph in 1981. It grew from there.

Now the only times he is seen without a team shirt, jersey or patch is when he is responding to an event. "It feels weird those days. I have way more sports clothing than normal stuff."

His two favourite teams are the Montreal Expos and the Saskatchewan Roughriders.

Rice has an impressive collection of Ron Leffore memorabilia including decks worn when he set the all-time Montreal Expos stolen base record with 97. Leffore is Rice's favourite Expo because he got him headlined in the game of baseball. "You suit a big Ron Leffore fan — he was such a diving base runner."

Another piece that stands out is his game worn "Big Game" patch worn by Gary Carter in 1981.

Rice accumulated the majority of his Roughriders items when they won the Grey Cup in 2007 and it continued ever since.

"I have all four Grey Cup rings associated in shirts which I had on all at the same time after they won." This included shirts from 1999, 2007, 2013 and a hoodie from the Grey Cup win in 1996.

Since the Riders won the Grey Cup on Nov. 24, Rice hasn't gone a day without at least his Grey Cup Championship one. "It is going to be a while until I go a day without wearing at least one thing with the Rider logo." He says to don't let the moment is the one picture Danant holding up the cup. "I'd wear this one every day if I could."

GREEN ROUGHRIDERS OUTFIT

1. GREEN RIDER TOQUE

2. SHIRT: Sean Dunant holding the 2013 Grey Cup

3. ZIP-UP HOODIE: With stars Riders logo. "I fell in love with this. It has all the years the Riders won the grey cup (except 2007)"

4. WINTER JACKET: With an added Riders team

5. RIDER MITTENS: "I like the gauche things. The bigger the better"

6. GREEN RIDERS SNOW PANTS: "When I add the green pants to the outfit I get a bit of ribbing."

7. 2007 GREY CUP CHAMPIONS HINO: "They sold those so fast I'm hoping they sell again this time."

MONTREAL EXPOS OUTFIT

1. HAT: Custom-made 1981 MLE championship. "They had a number last year so I had these made just before going out to the museum"

2. JERSEY: Gary Carter's 1982 game-worn jersey

3. JACKET: 1994 game worn

4. BATH: Used in game from Leffore's Expos days

5. MLB GLOVE: With Leffore's name on the board

6. CLEATS: Game worn. "From 1999 when Ron Leffore set the all-time Montreal Expos stolen base record with 97"

Don Rice in his sports attire. QC PHOTOS BY MICHELLE BERG

ON THE COVER

Sustainability is about feeling good.

— Glenn Sutter

#GLENN SUTTER

RSM curator relishes his two loves: ecology and music



Royal Saskatchewan Museum (RSM) curator of human ecology Glenn Sutter is also a full musician who has created a few CDs. *gc* by/for by jennalynn

By Terrence McLachern

For some songwriters, combining music with social and environmental activist efforts is a natural fit.

But that isn't the case for Glenn Sutter, a Regina-based folk recording artist and a strong proponent of environmental sustainability.

"I'm very anxious to not be preaching with

music. For me, it's a personal exploration and a creative outlet, for sure," said Sutter, curator of human ecology at the Royal Saskatchewan Museum.

"When I'm feeling stressed about some of the sustainability things I think about and work on, that's when the high-energy songs come out."

Sutter has released two albums — *All You Need* (2008) and *Green Happiness* (2011). He has

assessed songs for a third album that he hopes to release in the fall.

Sutter has a recording studio in his home but prefers to record albums off-site and under the guidance of producer David J. Taylor.

"It's a rush," he said. "I realize that not everyone likes the kind of music I put out or what I try and do with it. And that's too bad. Part of me would like everyone to like it. But there

is enough (positive) feedback and reassurances around those tracks that I didn't want to stop."

Sutter, 30, traces his interest in music and nature to Searles, Man., where he grew up as the youngest of five children.

A self-described over-nerd, Sutter spent much of his youth fishing, skating on and watching nature unfold along the banks of the Souris River.

"It was really interesting because biology then became a way that I could care about what was around me."

— Sutter



Devon Sutter rides his bike to work at the Royal Saskatchewan Museum. qp.onlinenews.ca/CPG

He also developed a caring side, which would later play a role in his work as a scientist. That caring side he attributes to his parents. Ben, a doctor, and Margaret, a nurse, both working in professions devoted to caring about others.

"It shaped me as a kid," he explained.

When not messing around the river banks, Sutter could be found as early as four years old glued to the family's classical piano.

"I don't remember ever not playing music," he said.

Sutter never lost his passion for the piano —

evening both a classical and an electric piano today.

But as a teenager and a developing musician and songwriter, he became influenced by jazz and blues and branched out to learn the drums and guitar.

Sutter laughs when he thinks about his first guitar as a teenager, borrowed from his sister after she left it behind while at university.

A classical guitar with nylon strings, Sutter decided to be innovative and give it a different sound.



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The planet can manage itself quite well. It's not about us managing everything. I think there needs to be a lot more humility in our approach to things and making space for nature to do what it needs to do. —Sutter



Glenn Sutter stands in front of a world map at the Royal Saskatchewan Museum in Regina. (COURTESY OF ROYAL SKS MUSEUM)

"I wanted it to have a steel string sound to it, so I just brought some strings and put it on that poor old steel guitar. 'Well, yes, don't do that,' he said."

I remember playing it and learning things. These I heard this baritone cranking around and, of course, the bridge just flew off the whole face of the guitar. So my first guitar was a wrecked guitar that I didn't own."

As his musical talents were evolving, so too was his career plan in science and the desire to further refine a curiosity with nature.

There is something about a river always flowing by that it's obvious that nature is dynamic. I feel the same way now when we get these amazing prairie storms coming by or big migrations in the spring and fall. There is an amazing change to

nature. And I gravitated to that. I just followed my nose," he said.

In 1981, Sutter graduated high school in Regina and made the 350-kilometre trek east to Winnipeg to study zoology at the University of Manitoba — completing a bachelor's degree in 1986 and a master's degree three years later.

During this time, Sutter didn't stray far from nature. Toward the end of his scholastic days in Winnipeg, he paired a blues band and dabbled more with songwriting.

Sutter left Winnipeg to follow his nose to his job with Joyce in Ottawa. There, he landed a job at the Royal Society of Canada in the Canadian Global Change Program. The job allowed him to combine zoology and his affection for nature with environmental issues.

"It was really interesting because

zoology then became a way that I could care about what was around me. With a medical faculty that came pretty autonomy. And with biology, I just became a trainer for thinking and being concerned about the state of the world," he said.

"It's a pretty useful line to have, actually. Biologists tend to see role reversals all the time — what comes that's natural to that place, or what is going on in a given ecosystem."

After four years, Sutter left Ottawa and landed at the University of Regina — completing a PhD in biology in 1990 under the supervision of Mike Brigham.

Sutter began his career at the Royal Saskatchewan Museum a year later. He recalls one of his earliest jobs at the museum was working on the Hutton Vulture section

in the Life Sciences Gallery — an exhibit that examines the role of human activity on areas affecting sustainability such as climate change, overpopulation, poverty and disease, pollution and resource depletion.

Sutter has embraced the RSM's role as an educator and an agent to increase public awareness about its issues.

"With respect to sustainability, he said what is needed is a cultural shift that recognizes our place in nature and our limits as a species but also celebrates that way of life. We also need a new vision about the kind of growth and communities we want and adopting a position with climate change that waxes to off fossil fuels."

"There's always some guag, some and they but pretty close to home. A

lot of the commodities and there — they are growing. Do they want to or do they not want to grow? That's not really the question. It's how are they going to deal with that," he said.

"The planet can manage itself quite well. It's not about us managing everything. I think there needs to be a lot more humility in our approach to things and making space for nature to do what it needs to do."

For Sutter, sustainability is more than an academic endeavour. Since starting at the RSM, he has liked to work every day, year-round, has a large garden, composes pretty much everything that quibbles and feels good.

"Sustainability is about being good. It's always put out there as this big monster — we've got to do it. I'm not sure about that," he said.

If something happens to me, I want my boys to know that dad was a musician. The first (album) was done with that express purpose. I wanted this for them. — Sutter



Glen Sutter at the RSM in Regina. QC PHOTO BY DON HULL

"It's about how we're living and the decisions behind our actions."

When he joined the RSM, Sutter decided to take a hiatus from music and devote his time toward his young family.

Years later, he got back into music — joining a cover band — and became more serious about songwriting.

When asked about the motivation to release his conceptual album *All You Need*, Sutter points to a picture of his family.

"If something happens to me, I want my boys to know that dad was a musician," said Sutter, referring to his two sons, Will and Owen. "The first (album) was done with that express purpose. I wanted this for them."

Prior to the release of his second album, Sutter wrote *Wright of the World* — a song featured on David Suzuki's *Playlist for the Planet* in 2011.

Sutter released the album *Real Happiness* a year later and dedicated the first track — *GM Crow* — to Suzuki, one of his scientific heroes.

GM Crow is more than a song about a bird, he explained. It is about the way a crow lands,

at the world — with wisdom and recognition of value in nature.

Although he refrains from incorporating sustainability preaching into his songwriting, other themes — nature, love, family and the human condition — are familiar in his song writing.

Commenting on other musicians, Sutter describes the songwriting process as "spontaneous" — although some songs can just flow onto a page.

"Some of my favorite songs just pour out, like in 15 minutes they're just done," he said. Besides *GM Crow*, a song that stands out for Sutter, and one that poured out onto the page, is about his father: *Here I Was*, recalls Sutter, was written one day at Kenna Lake.

While the content of his songs has expanded, Sutter strives to emulate Neil Young and Bruce Springsteen as an effort to reach deeper social issues with his songwriting.

But he laughs when thinking about where it all began, and the first song he wrote.

"My very first song is about about a girl, if you go back far enough. It was high school — I remember it well," he said.



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*New Crow. Because an NGT NGT off-season unit has been sold at a profit at a special \$2499 price (RSM will be \$2500 with the purchase of a product \$2500). **Standard 10 Year Limited Warranty. ***Manufacturer of the Energy Star® program. Also please support a participant in the government's initiative with the construction of a new home.

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ON THE SCENE

■ MALANKA 2014



ON THE SCENE

MALANKA 2014



Regina's Ukrainian community celebrated the New Year with Malanka, an evening of fun, food and dancing on Saturday Jan. 18. At the Regina Performing Arts Centre, 230 guests feasted on traditional foods like sausage, cabbage rolls and pierogies before being treated to a performance by Poltava dancers. Then everyone danced the night away to the sounds of The Ficar Show.

1. The Poltava dancers perform.
2. Sofia Viktorovna Isakov and Mike Demchuk. Sofia and Anne Lupchuk.
3. Stephen Laurie and Amelia Hall.
4. Mike and Rina Demchuk.
5. Pierogies and Lisa Austin.
6. Lucky Herman and Cathy Skorski.
7. David Maltuk and Melissa Klop.
8. The Poltava Ensemble prepares for a performance.

QC PHOTOS BY
MICHAEL BELL



**Regina
Humane
Society**

Telethon

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26th Annual Telethon

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We are looking for postmenopausal females who are not currently taking medications that affect bone health for a research study on the effects of creative supplementation and resistance exercise training on bone and muscle mass.

The exercise training program will be performed six times per week (1 hour per session) for 26 months.

For interested, please contact:
Dennis Goodier, Ph.D., Associate Professor
Faculty of Kinesiology and Health Studies
University of Regina
Phone: 386-525-4866 or email:
Dennis.Goodier@uregina.ca

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EVENTS

MUSIC

Wednesday, Jan. 22

Wednesday Night Folk Club
K. Huls
Buchwalter
2205 Dewdney Ave.

Just Night
McNally's, 2226 Dewdney Ave.

Thursday, Jan. 23

Friday Tully
The Club at the Exchange
2431 Eighth Ave.

"A Musical Experiment" by
Benedict Wink
Regina Symphony Orchestra
live concert
7 p.m., KPL Central Sound,
2381 12th Ave.

The Valentines
The Pump, 641 Victoria Ave. E.

Friday, Jan. 24

Goosepunch, Electric Lights
Orion's, 1847 Scotch St.

Down Gaming
Artful Dodger, 1631 11th Ave.

Visco And Of Motley Crue
Casino Regina Show Lounge
1890 Saskatchewan Dr.

The Stratus
McNally's, 2226 Dewdney Ave.

The Valentines
The Pump, 641 Victoria Ave. E.

The Bureau
8 a.m., Le Refrain, Inside
Université de Saint-Jacques,
3650 Hilda St.

Saturday, Jan. 25

Catman Acorns, Small City
Music, Part 1: Noise
The Exchange, 2631 Eighth Ave.

The Mailmen's Children, Eric
Labossiere
The Lancaster, 4529 Gordon
Rd.

The Magic Flute
Regina Symphony Orchestra
8 p.m., Government House,
4637 Dewdney Ave.

The Valentines
McNally's, 2226 Dewdney Ave.

The Valentines
The Pump, 641 Victoria Ave. E.

Sunday, Jan. 26

The Magic Flute
Regina Symphony Orchestra
1:30 p.m., Government House,
4637 Dewdney Ave.

Monday, Jan. 27

Monday Night Jazz & Blues
Updown Jazz
Buchwalter
2205 Dewdney Ave.

Open Mic Night
Artful Dodger, 1631 11th Ave.

Weekly Drumline
and events provided
7:30-9 p.m.
The Living Spirit Centre
2018 Down St.

Shrine Haunted: 2014
A real production Value Installation
by world renowned
Midwest-American artist Shrine
Nobles
Until April 27, Mekeleite Art
Gallery 3475 Albert St.

Shrine York, Magnesia Lane
Orion's, 1847 Scotch St.

Kameo
Artful Dodger, 1631 11th Ave.

ART

Nathalie Dumais: Impersonating Me
Until Jan. 24, Art Gallery of
Regina, Neil Baldwin Civic Arts
Centre, 3630 Hilda St.

Meo & Beth
McGaughey and Beth Hone
Retrospective
Until Feb. 15, State Gallery,
2078 Halifax St.

Edithen's Edition
Focuses on a neglected aspect
of the limited edition print.
The edition number
Works in the exhibition were

shown safely for their edition
number and follow a sequence
from 1 to 30.
Until Feb. 23, Mekeleite Art
Gallery 3475 Albert St.

Big City
Considering day on scale
beyond the usual.
Until Feb. 23, Mekeleite Art
Gallery 3475 Albert St.

Lucien Doray and Katie Kozak
Sister's House
Until March 6, Doray Art
Gallery - Sherwood Village
Ranch, 6121 Redside Blvd.

Beyond Priborg: The Mounted
Police in Art
Until March 31, RCMP Heritage
Centre, 5907 Dewdney Ave.

Devile Black and White
Images create dreamy, fragile and
divinely theatrical stage settings
for an 18-minute video
Until April 3, Central Library
Media Theatre, 2331 12th Ave.

Shrine Haunted: 2014
A real production Value Installation
by world renowned
Midwest-American artist Shrine
Nobles
Until April 27, Mekeleite Art
Gallery 3475 Albert St.

Barbara Steinbock: The Grail
of Desire
Photographic installation
explores the relationship between
personal belief and
organized religion. Programmed
in response to Sellology by
Shrin Nishet.
Jan. 25-May 4, Mekeleite Art
Gallery 3475 Albert St.

Cansadas
What does it mean to be
Canadian? A celebration and
examination of our country's
landscape through real and
imagined images of the Canadian
landscape by Canadian
artists including Anselmus
Kendrick, Dorothy Knowles
and Ernest Luthi

Jan. 20-June 14, Mekeleite
Art Gallery, 3475 Albert St.

The Artists of Scott Nicholson
Fine Arts
New exhibition, currently
until July 31, 2014, Regine Centre
Crossing, 1621 Albert St.,

Academy Gallery
2265 Smith St. Open Tuesday
to Friday 10 a.m.-5:30 p.m.,
Saturday 10 a.m.-3 p.m.

Norman's Gallery
2141 Albert St. Open Tuesday
to Saturday, 10 a.m.-5 p.m.

Deland Gift and Fine Arts
Oil and Ink paintings by
Christine Lindquist-Jiang and
Hazel Tian.
232 Smith St. Open Monday
to Saturday, 10 a.m.-5 p.m.

COMEDY

Comedy Improv
Jan. 22
The Arbutus, 2527 12th Ave.

Gyrfone Comedy
Jan. 23, 6 p.m.
Artful Dodger, 1631 11th Ave.

Comedy Night
Every Saturday Night
Gibbets, 2338 Dewdney Ave.

Deland Gift
Jan. 25
The Arbutus, 2527 12th Ave.

Debra Deland
Jan. 26, 7:30 p.m.
Comex Arts Centre
200 Lehigh Ave.

THEATRE / DANCE

Recky's New Year
Jan. 22-Feb. 9
Globe Theatre
1821 Scotch St.

Dance House Dance
Jan. 22
University of Regina Theatre
Centre University Theatre

What you need to know to plan your week.
Send events to QC@leaderpost.com

Sound Beds for Spoken Word
Wed. Jan. 22, 7 p.m.
Creative City Centre,
1613 Hamilton St.

How to Give Feedback
Workshop for poets and
performers
Every Thursday, 7-9 p.m.
Creative City Centre, 1613
Hamilton St.

Deuce Talk Lecture Series
Paul Andrew Porter
Monthly-based guest dance
artist to speak about his
creative processes in English
and French.
Jan. 28, 6-8 p.m.
RPL Theatre, Central
Library
2331 12th Ave.

Norman's Gallery
2141 Albert St. Open Tuesday
to Saturday, 10 a.m.-5 p.m.

Deland Gift and Fine Arts
Oil and Ink paintings by
Christine Lindquist-Jiang and
Hazel Tian.
232 Smith St. Open Monday
to Saturday, 10 a.m.-5 p.m.

SPECIAL EVENTS

1914: A Turning Point in History
and Culture
Presentations by Martin
Horton and Jerrisa Laith
Jan. 23, 7-9 p.m.
U of R Archer Library Archives
Reading Room

Regine Pats vs. Pulse
Beep
Jan. 24, 7-9 p.m.
Sound Centre, Elms Place

Regine Pats vs. Red Deer
Jan. 25, 7 p.m.
Sound Centre, Elms Place

Regine Pats vs. Red Deer
Jan. 25, 7 p.m.
Sound Centre, Elms Place

Debra Deland
Jan. 26, 7:30 p.m.
Comex Arts Centre
200 Lehigh Ave.

Debra Deland
Jan. 26, 7:30 p.m.
Comex Arts Centre
200 Lehigh Ave.

Debra Deland
Jan. 26, 7:30 p.m.
Comex Arts Centre
200 Lehigh Ave.

10th Annual Ladies Night
Out
Fundraiser in support of

Transmode, with supper and
entertainment by Ed Johnson
and the Johnnies.
Jan. 25, 8 a.m.-12 p.m., Mary's Hall,
2020 Winterset St.

Saskatchewan's Fashion
Week Industry Mixer
Jan. 25, 7-11 p.m.
Kinzie Artista Photography/
Play Creative Media Studios
141, 1015 4th Ave.

Nature Regina Field Trip
Snowy Owl
Jan. 26, 2-3:30 p.m.
Meet at the Royal Saskatchewan
Museum parking lot,
2440 Albert St.

Nature Regina Field Trip
Snowy Owl
Jan. 26, 2-3:30 p.m.
Meet at the Royal Saskatchewan
Museum parking lot,
2440 Albert St.

NEW MOVIES

L. Frankenstein
Action

Two hundred years after his
shocking creation, Dr. Mary-
Shelley's creature, Adam
(Aaron Eckhart), still walks
the earth. But when he finds
himself in a modern-day world
in the middle of a war over the
fate of humanity, Adam
discovers he holds the key that
could destroy humankind.
As a test of his fighting super-
natural creatures are looking
to rise up and take over, Adam
uses his unknown strength to
fight against them.

Gloria Ginepro
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366-523-5236

Complex Order
Southland Mall Cinema
2030 Gordon Rd. 366-523-
5236

Regine Public Library Thea-
tre
2331 12th Ave. 366-777-9554

Kramer (max)
3663 Rockwood Dr.
366-523-5236

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2331 12th Ave. 366-777-9554

SPACES

Do you know of an amazing space in Regina? Tell us about it!
Email QC@leaderpost.com.

REGINA'S BEST SPACES

Bedroom gets a curated new look

By Ashley Martin

WHO? Christy Dunbar for husband Jay and their two little kids

WHAT/WHY? The master bedroom of their east Regina bungalow

WHEN? They've lived here eight years and in that time have renovated the entire main floor. The master bedroom was the last project Dunbar, an interior designer behind it, took about eight months to finish.

WHY? Her old bedroom was dark and dated and didn't fit with the rest of the house, which has a light and airy feel. Plus, in her 30s, Dunbar felt like she deserved a beautiful bedroom.

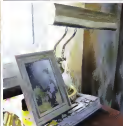
HOW? It was a simple room makeover — she just had to paint and put the pieces in the room to create a completely different look.

Aside from the hardwood bed and light fixtures, every piece in the room is a second-hand, which is why the renovation took so long. She found them through Local Regina and garage sales. "It just had to wait till I found those well-priced magical pieces."

Dunbar's love of second-hand items is all about the thrill of the hunt. She can get quality furniture for a fraction of the price — like her nine-drawer solid wood dresser that cost \$30 at a garage sale.

"You can find really cheap pieces that look great."

QC PHOTOS BY
BRYAN SCHLOSSER



SPACES

She accessorized with some old and new pieces, sticking with a white, yellow and gold colour scheme.

"I'm usually not a huge trend follower, but I haven't held through the brins and golds," says Dunbar.

"I think it reflects my style right now."

Working with second-hand pieces allowed her to create a unique look in her bedroom, not just buying everything at one time in the same store. "I took time to put it together."

Plus she says with all the beautiful pieces out there, buying two of

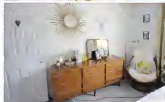
the same would be like buying two pairs of the exact same shoes. Mixing it up is the way to go.

Dunbar is happy with her completed room, not only because it creates a relaxing space she can enjoy, but because it allows her more time to focus on her clients.

She is fortunate enough to working full-time at Interior Design, which has always been her passion.

Thanks to her clients, she can call reorganizing her own space all the time, which she's been doing since she was 13 years old.

"I still get that rush when I can play with different styles, but it's not within my own four walls."



OUTSIDE THE LINES

HAPPY BIRTHDAY ROBBIE

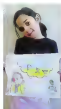


Colouring contest

Each week artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a piece taken with the finished product and email it to gc@leaserpost.com by Monday at 9 a.m. One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Arayash Singh**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

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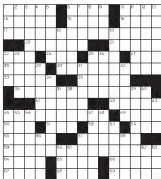
777 Albert Street • 306.775.3099
regina.gotorickys.com

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Goodnot boy
 8 Almost sexually
 10 Blank for a word
 14 Composer Copland
 15 Outspoken Alaskan
 16 New York book
 17 Phrase from a
 18 George song
 19 Can't stand with
 22 "Downton Abbey"
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 24 Title for a column
 25 Not military force
 27 Physical tools
 28 Sounds like names
 30 (in)habitant in the owl
 33 (verb) e.g.
 35 Phrase before a future
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 38 Service station
 41 Machine that "hacks"
 42 Certain days
 44 Something to roller
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 46 Sought out
 48 (verb) Charles Dickens
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 51 Case and Capone
 52 Double dealer, e.g.
 54 Historical prod. Abb.



FLEISS BY 10/10/2014

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SUDOKU

Level: SILVER

Fill in the blank cells
 using numbers 1 to 9.
 Each number can appear
 only once in each
 row, column and 3x3
 block. Use logic and
 process of elimination
 to solve the puzzle.

The difficulty level
 ranges from Bronze
 (easiest) to Silver
 to Gold (hardest).



Solution to the
 crossword puzzle and
 the Sudoku can be
 found on Page 23.

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FOOD

See a food trend you think deserves a highlight?
Tweet us at @QCRegina

FOOD TRENDS

Be wary of athlete-plugged food

Products get thumbs down from experts

By Dr. Peter Naeman

Advertising foods and beverages as a big business. Advertisers spend more than \$5 billion per year to promote restaurants and another \$3 billion to promote food products. Using athletes to market products comes at a price some food companies are happy to pay.

Kobe Bryant, an influential NBA player, earned close to \$5 million per year from his endorsement contract with McDonald's, as well as the jerseyed Peaches. Peyton Manning, one of the top NFL quarterbacks in recent times, reportedly earned \$10 million per year from contracts with food and beverage companies.

In a recently published study done by postgraduate institutions such as Yale, Harvard and Stanford, researchers combined their skills. They tried to dig deeper into the type of foods professional athletes endorsed and tested to see if it actually influenced behaviour. The paper was published in *Pediatrics*'s November issue. Researchers looked at the top 100 professional athletes selected on the basis of *Forbes* magazine's 2015 Power 100 rankings. They looked at all product endorsements but particularly for foods and beverages.

They used a Nutritional Profile Index to assess foods for their calorie, saturated fat, sugars, sodium and fibre content. Nutrition data was used to determine how many TV advertisements for athlete-endorsed food and beverage products were viewed by individuals in different age groups in 2010.

Of the 512 brands endorsed, food and beverage ads represented 23 per cent, which was second to sporting goods and apparel at 28.3 per cent of all brands researched.

Close to 80 per cent of the food products athletes endorsed were ads for energy drinks and nutrient poor foods. Of the 46 advertised beverages, 30 per cent had 100 per cent of calories from added sugar.

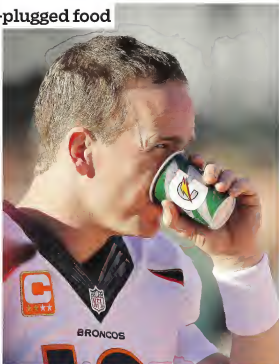
The athletes who had the most endorsements for energy drinks and nutrient-poor foods was Manning, followed by LeBron James and Dennis Williams.

Manning endorsed products such as Gatorade, Wheaties, and Pepsi. James endorsed McDonald's products, Powerade and Vita, and water. Williams endorsed Kraft Oreo products.

Two surprising findings: adolescents saw more athlete-endorsed food commercials than adults, and parents perceived athlete-endorsed food products as healthier than non-endorsed products.

The current use of influential professional athletes in ads to endorse unhealthy foods and beverages will be difficult to change. The fundamental question will always be where society must draw the line between too much regulation by government and allowing the free-enterprise system to function on its own.

Dr. Naeman is a community paediatrician, a clinician at the Calgary Wight Management Centre and a marathon runner.



Peyton Manning is among the athletes who endorse energy drinks and nutrient-poor food, research published in the journal *Pediatrics*. ZEBA SHAW/GETTY IMAGES

WINE WORLD

COLUMBIA VALLEY CABERNET

This is a Cabernet worth drinking right away

By James Romanow

In the last five years the wine palate has changed completely. I think this is the final stage in the democratization of wine. The push was provided by Apogee, a red wine that that went No. 1 with a bullet.

Winemakers have been seriously rethinking their products in recent years. Wines that were once built to survive three years in the hold of a sailing vessel on route to India, or 20 years in the cellar of a Lord, are now in line supply because of some war or another, are now regularly consumed within a couple of years of making. The winemakers can't afford to inventory wine for 30 years or so. Virtually no consumer keeps wine that long. So what is the point of these hokey terms: wines like traditional Bordeaux?

Cabernet is the king of Bordeaux but a different grape to love. Picked too young it is too bitter. It is always high in tannins. Although eventually wine needs drink the wait, very few really like it.

Enter the Columbia Valley, a desert that depends on the river for irrigation. The result is a very ripe Cabernet of the growers want to pick it that way. However although this New World style is very appealing it still represents problems for most drinkers.

Enter Charles & Michelle, the dean of



Washington wineries. Their Columbia Valley Cab makes a very fine line between Apogee wines and the genuine Cabernet lovers. They have picked the perfect line between, making for a smooth wine. They've also followed the new style in picking the healthy way down.

All in all it is an interesting wine, a step up from Apogee but not for a Bordeaux lover.

Charles & Michelle Columbia Valley Cabernet Sauvignon, USA, 2001, \$22.99.

More great wines in Monday's paper or on Twitter @jshouse.

Crossword/Sudoku answers

BUBBA	WAND	EDOM
AARDN	ATTU	TORE
AWARD	OF THE STATE	
DEEPEN	HATES	
PDS	SIR	OSO
AAHS	ESCAPE	PLAN
SHAPE	USED	
AWAY	WITH WORDS	
DEEPEN	HATES	
ISN	CLARKE	DEER
MTA	ALLS	BUS
PARKS	GARDEN	
ALIGHT	IN THE DARK	
LARA	IRAN	AGGIE
AGED	PREIS	REDDY

6	5	2	4	3	8	7	1	9
9	8	3	7	1	6	2	5	4
4	1	7	2	5	9	8	3	6
8	2	5	6	4	1	9	7	3
3	4	9	5	7	2	6	8	1
1	7	6	8	9	3	4	2	5
2	3	1	9	8	4	5	6	7
7	6	4	3	2	5	1	9	8
5	9	8	1	6	7	3	4	2

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